

Regional Heatwave Resilience Project

Building community preparedness



COMMUNITY SERVICE ANNOUNCEMENTS TARGET AUDIENCE – RURAL & ISOLATED COMMUNITIES

Stage 1 Messages: General Community Awareness

These messages seek to raise general community awareness of heatwave / extreme heat impacts and preparedness and would be issued periodically during the lead up to and during summer.

Beat the Heat this Summer!

Did you know that more Australians are hospitalised and die as a result of heatwave than any other natural disaster?

People in rural communities can be more at risk due to isolation from health services and the often physical, outdoor nature of their work.

Beat the Heat this summer

Drink plenty of water and avoid alcoholic, hot or sugary drinks

Keep Cool – do less and avoid being outside during the hottest part of the day

Check on elderly friends, neighbours and relatives, especially if they live alone

Have a Plan for how to stay cool when it heats up

Find out more at health.nsw.gov.au/environment/beattheheat



Hunter & Central Coast
Regional Environmental
Management Strategy



Health
Hunter New England
Local Health District



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Stage 2 Messages: Heatwave / Extreme Heat Conditions Forecast

These messages are for issuing in the days preceding a forecast heatwave / extreme heat event to encourage preparatory action by the target audience.

Heatwave Conditions Forecast

A heatwave is forecast to hit our region in the coming days.

Did you know that more Australians are hospitalised or die as a result of heatwave than any other natural disaster?

People in rural communities need to be prepared as they can be more at risk due to isolation from health services and the often physical, outdoor nature of their work.

Drink plenty of water and avoid alcoholic, hot or sugary drinks

Keep Cool – do less and avoid being outside during the hottest part of the day

Check on elderly friends, neighbours and relatives, especially if they live alone

Have a Plan for how to stay cool when it heats up

Have a plan to keep livestock cool, fed and in the shade.

Have a back up plan for if you lose power and water during a heatwave.

Stock up on medications, food and water for people and livestock to avoid needing to go out when the heat arrives.

Store your medications correctly. Most medications need to be stored below 25°C or in the fridge if indicated.

To find out more visit www.health.nsw.gov.au/environment/beattheheat



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Stage 3 Messages: Heatwave / Extreme Heat Conditions Occurring

These messages are for issuing during a heatwave / extreme heat event to encourage immediate and direct action by the target audience to protect health and safety.

Heatwave / Extreme Heat Alert

Heatwave conditions have arrived in our region

People living in rural areas should ensure animals and livestock have enough water, food and shade.

Where possible, stay inside. Plan work and chores for the coolest part of the day, or if possible for after the heatwave has passed.

Know the early signs of heat related illness, such as tiredness, thirst, bright or dark yellow urine and sometimes dizziness or fainting, and take steps to prevent it reaching dangerous levels.

Move somewhere cool, drink water or diluted fruit juice (1 part juice in 4 parts water) and avoid tea, coffee or alcohol. If you start to feel unwell, seek medical advice.

Drink plenty of water and avoid alcoholic, hot or sugary drinks

Keep Cool – do less and avoid being outside during the hottest part of the day

Check on elderly friends, neighbours and relatives, especially if they live alone

Have a Plan for how to stay cool when it heats up

Find out more about ways to beat the heat at health.nsw.gov.au/environment/beattheheat



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